

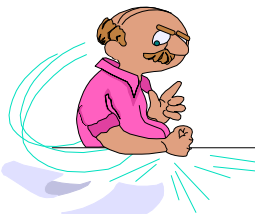
Annapolis Senior Center

1027 Bay Ridge Avenue
Annapolis, MD 21403
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING

September 2003



From The Director, Ed Casey

REGISTRATION FOR FALL CLASSES—SEPTEMBER 2ND!

Please mark this date on your calendar! Not only are we registering for classes, but we will also be renewing memberships. As a result, the process may take a bit longer. If we receive the new membership cards before September 2, we will begin membership renewal at that time.

PHOTOS: When you renew your membership, we ask that you allow us to take your photo as well. Every effort will be made to take your photo when you arrive to renew. In addition, specific “Photo ID” times will be posted on the bulletin board on a weekly basis.

ITALIAN ANYONE? We are gauging interest in a possible future Italian class. **Spanish** will continue, and **French** will return, hopefully by January 2004. If Italian interests you, please inform Ed, Jo or Robyn.

ART EXHIBIT AT QUIETWATERS PARK: FEBRUARY 2004

Senior artists from throughout the county will be invited to submit works of art for this display, scheduled for early next year. Watch for more information at your local senior center.

Inside this issue:

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Web Site: www.aa-aging.org

Daily Schedule—September 2003

Monday, September 1

LABOR DAY

**CENTER
CLOSED**

Tuesday, September 2

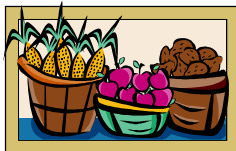
**Fall Class Registration
Begins at 8:00 am!**

8:45 Aerobics....UM
**No 'Flex & Stretch' today!
 (due to Registration)**
 9:30 Weight Training....UM
 12:00 Lunch
No Adaptive P.E. today!
 1:00 Knitting

**Please note time changes for
 Aerobics & Wt. Training FOR
 TODAY ONLY!**

Wednesday, September 3

8:30 Aerobics
 9:30-12:00 Blood Pressure
 & Glucose Monitoring
 10:00 Keep Your Mind Alert
 12:00 Lunch
 12:45 Open Bridge
 1:00 Intermediate Spanish



Legend

UM - Eastport United
 Methodist Church
 SC—Stanton Center

Annapolis Senior Center

Thursday, September 4

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
10:45 Pilates & Strength Tr.
 UM
 12:00 Lunch
 1:00 Duplicate Bridge
 2:30 Yoga....UM
 3:00 'Touchstones'

Friday, September 5

8:30 Aerobics
 9:30 Effective Colored Pencil
 Technique

10:00 Walking Club...
Quietwaters Park
Bring a bag lunch or
buy lunch at the Park..
Sign Up by 8/29



12:00 Lunch
 1:00 Art: Watercolor

Monday, September 8

8:30 Aerobics
 10:00 Ceramics
**10:00 SHOPPING : 'Bowie
 Town Center'. Lunch at
 Shopping Center.**
SIGN UP REQUIRED BY 9/5.

**10:00 Musical Memories: A
 Nostalgic Tour of Modern
 Popular Music**
 12:00 Lunch
 12:30 Ceramics

Reminder.....

**Volunteers - Don't
 forget to log your hours in
 our Volunteer Log Book!!**

Tuesday, September 9

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM

10:15 "Bully"
See details on Page 4!

Welcome Glenwood Hi-Rise!!

12:00 Lunch
 1:00 Adaptive P. E. w/Rita
 1:00 Knitting

Wednesday, September 10

8:30 Aerobics
 10:00 Keep Your Mind Alert
 12:00 Lunch
12:30 Summer Crafts Work -
shop. See Page 6 for details!
 12:45 Open Bridge
 1:00 Intermediate Spanish

Thursday, September 11

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
10:45 Pilates & Strength Tr.
 UM
 12:00 Lunch
12:30 Holiday Bazaar Work-
shop...Details on Page 4!
 1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'

Friday, September 12

8:30 Aerobics
 9:30 Effective Colored Pencil
 Technique
 10:00 Keep Your Mind Alert
 12:00 Lunch
12:30 Birthday Celebration
 1:00 Art: Watercolor

Daily Schedule—September 2003

Monday, September 15

8:30 Aerobics
10:00 Ceramics
10:00 Musical Memories: A Nostalgic Tour of Modern Popular Music
12:00 Lunch
12:30 Ceramics

Tuesday, September 16

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts
9:00 'Mini Massage'
See Page 4 for details!
9:15 Weight Training....UM
11:30 DINING OUT:
'Ruby Tuesdays'.
SIGN UP REQUIRED BY 9/9
12:00 Lunch
1:00 Knitting

Wednesday, September 17

9:30-12:00 Blood Pressure & Glucose Monitoring
12:00 Lunch
12:45 Open Bridge
1:00 Intermediate Spanish

Thursday, September 18

SALT PICNIC at Downs Park
See Page 4!

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts
9:15 Weight Training....UM
10:15 Bingo
10:45 Pilates & Strength Tr.
.....UM
12:00 Lunch
12:45 Advisory Council Mtg.
1:00 Cards & Games
1:00 Duplicate Bridge
2:30 Yoga.....UM
3:00 'Touchstones'



Annapolis Senior Center

Friday, September 19

Flea Market
See Insert for details!

All classes and activities are cancelled.
No Nutrition lunch today.

Saturday September 20

Flea Market

See Insert
for details!



Monday, September 22

10:00 Ceramics
10:00 Cards & Games
12:00 Lunch
12:30 Ceramics

Tuesday, September 23

8:30 Aerobics....UM
9:15 Weight Training....UM
10:00 Bingo
12:00 Lunch
1:00 Knitting
1:00 Cards & Games

Wednesday, September 24



"GREEK DAY"

See Page 7!



WELCOME TO OUR
GUESTS FROM GLENWOOD!

No Open Bridge today!

Thursday, September 25

10:45 Pilates/Strength Tr...UM
12:00 Lunch
12:30 Holiday Bazaar Work-
shop...Details on Page 4!
1:00 Cards & Games
1:00 Duplicate Bridge
2:30 Yoga.....UM
3:00 'Touchstones'

Friday, September 26

10:00 Walking Club
Annapolis Mall.
SIGN UP BY 9/19.



12:00 Lunch
1:00 "AFTERNOON TEA"
See Page 4 for details!
2:30 Long Term Care
Presentation - See Page 6!

Monday, September 29

9:30 "55 Alive" Driver
Training..... Details on Page 4!

10:00 Ceramics Class Trip
12:00 Lunch
1:00 Cards & Games

Tuesday, September 30

9:30 "55 Alive" Driver
Training..... Details on Page 4!
12:00 Lunch
1:00 Knitting
5:00 Non Member Dinner
See Page 4 for details!

Quote.....

***The poorest of all men is
not the man without a
cent; it is the man without
a dream.***

.....Anonymous

Program Highlights—September 2003

**Tuesday
September 9
10:15 am**



'BULLY'.....Theatre Production

We welcome Chuck Palenik from the Wheatfield Theatre Company! Join us for this one-man show; Mr. Palenik, will reenact scenes from the personal and political life of Theodore Roosevelt. This will be a free performance but **registration is necessary**. Please sign up by calling or stopping by the Center.

**Thursday
Sept. 11 & 25
12:30 pm**



HOLIDAY BAZAAR WORKSHOP

Please join us for our monthly Bazaar Workshops. Volunteers are welcome and **needed** to assist in these workshops as we prepare for our annual bazaar, which is just three months away. Marie Lloyd and Evelyn Bacon are the instructors.

**Tuesday
Sept. 16
9:00-11:45 am**

MINI MASSAGE

Mary Ann Roesler, Certified Massage Therapist, offers you relaxation with a "Mini" Massage. You will have a choice of a head, neck, back or hand massage. **Senior Center membership is required. By appointment only.** Please sign up at the Reception desk.

**Thursday
Sept. 18
11:00 -2:00**

"SALT PICNIC".....(Seniors and Law Enforcement Together)

The Picnic will be held at Downs Park in Pasadena. **Limited tickets are available. Please check at the reception desk.**

**Friday
September 26
1:00 pm**

"AFTERNOON TEA"

We welcome our guests from the Glenwood Hi-Rise for an early afternoon tea. This is another opportunity to get to know each other a little better. **PLEASE SIGN UP AT THE RECEPTION DESK.**



**Mon. & Tues.
Sept. 29 & 30
9:30—2:30**

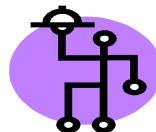
55 ALIVE DRIVER REFRESHER COURSE

A certificate is issued upon completion of this two day A.A.R.P. sponsored class. This driver's training is honored by many insurance companies for a reduction in premium. **The class fee is \$10.00 with checks payable to A.A.R.P. Pre-registration is required; payment must be received by Friday, September 19th.**

ATTENTION ALL NON-MEMBERS!!

You are invited to dinner!

Tuesday, September 30th 5:00—7:30 p.m.



The Annapolis Senior Center and the Anne Arundel County Department of Aging invite those who are not members of this, or any other County Senior Center, to a **FREE dinner**. Limited transportation is available for those who do not drive.

Our goal is to get to know many more seniors who have yet to get involved in the many activities and services that we offer.

Call 410-222-1818 to make a reservation. Come and enjoy a meal and pleasant conversation.

Annapolis Senior Center

ANNAPOLIS SENIOR CENTER				FALL CLASSES			
Monday		Wednesday		Friday			
Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30		
Ceramics	10:00—12:00	Computer—Inter. * see F.Y.I.	9:00 - 10:30	Effective Colored Pencil	9:00— 12:00		
Musical Memories *	10:00—12:00	Keep Your Mind Alert *	10:00—11:30	Keep Your Mind Alert *	10:00— 11:30		
Ceramics	12:30— 2:00	Crafts * see F.Y.I.	12:30— 2:30	Digital Photography *	12:30— 3:00		
Opera Appreciation	1:30— 3:30	Open Bridge *	12:45— 3:30	Art: Watercolor *	1:00— 3:00		
		Adaptive P. E. w/Anne	1:00— 2:00	F.Y.I.....			
Tuesday			1:00— 3:00	Advanced Word Processing: Oct. 7, 14, 21 & 28; Nov. 4. (SC)			
Aerobics (T/Th).....UM	8:30— 9:15	Spanish—Intermediate		Basic Computers: Nov. 18, 25; Dec 2, 9, 16. (SC)			
Flex & Stretch w/Weights *	8:45— 9:45		Inter. Computer runs 10/1 - 10/29.				
Woodcarving	9:00—11:45	Aerobics (T/Th).....UM	8:30— 9:15	Crafts begins on October 8.			
Weight Training (T/Th)....UM	9:15—10:00	Flex & Stretch w/Weights *	8:45— 9:45	SC signifies Stanton Center			
Needlecrafts	10:00—12:00	Weight Training (T/Th).....UM	9:15—10:00	UM signifies United Methodist Church			
Word Processing-Adv....SC *FYI	10:00—11:30	Painting & Drawing	9:30—12:00	Please Note.....The Classes/Activities with an * are not college classes. They are free but may require a small supply fee. Sign up may be required.			
Basic Computers....SC *FYI	10:00—11:30	Pilates & Strength Training...UM	10:45—11:45	Registration for Anne Arundel Comm.			
Applique	12:30— 2:30	Duplicate Bridge *	1:00— 3:30	College Fall classes begins on Sept. 2nd.			
Adaptive P.E. w/Rita	1:00— 2:00	Yoga.....UM	2:30— 3:30	Persons 60 & over at the commencement of the class, pay a \$20 registration fee only. For persons 55 to 59 there is an additional \$40 fee, per class.			
Knitting *	1:00— 3:00	Touchstones *	3:00— 4:00	Note.. The Class Schedule is subject to change if enrollment does not reach the req'd minimum			
History-American Military Wars	2:30— 4:00	If you have questions or concerns about the classes, please ask staff or volunteers.					

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

Information & Assistance - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4th Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs. **See Ed or Jo to schedule an appointment.**

SHIP (Senior Health Insurance Program) - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment.** On the **4th Friday of every month at 2:30 p.m.**, Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance. Join us for this valuable informational presentation.

Dining Out/Shopping Trips – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies. We are always open to suggestions.

Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

Mini Massage - Mary Ann Roesler, Certified Massage Therapist, gives mini massages at the Center every other month, **by appointment.** The next 'Mini Massage' is scheduled for this month. Please check the daily schedule and program highlights in the newsletter for the specific date and time.

Cards and Games are played daily at the Center. Come and join us!

SEPTEMBER Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :

This month the Birthdays will be celebrated on Friday, September 12th at 12:30 p. m. Sylvia Adams, Ron Allen, Barbara Baxter, Jane Blair, Ruth Blandin, Ruth Bragg, Marie Brown, Ann Burchard, Patricia Burns, Jacqueline Calabrese, Jerry Cerone, Denise Cole, Bobbie Collins, Mildred Day, Barbara DeSimone, Daniel Diehl, Ruth Dixon, Ruth Downey, Ruth Elmendorf, Norma Fazebaker, Judith Felber-Freeman, Maggi Furr, Anne Gray, Rachel Gray, Elaine Hollidayoke, Alfred Hopkins, Peggy Hopkins, Robert Howard, Jr., Theresa Howard, Ellen Keleher, Eleanor Kramer, Helen Lanni, Gloria Lapolla, Faye Lieberman, Helen Light, Doris Linton, Regina Linton, Judith Macauley, Nancye MacCord, Marla Marthens, Willnett Massey, Richard Matta, Evelyn McArdle, Gloria Mearns, Richard Meer, Barbara Mikulski, Bill Owens, Shirley Pandolfini, Evelyn Phelps, Alsie Pitcher, Terry Poleski, Mohammed Razzaque, Charlotte Rehn, Gertrude Reid, Jean Sanislo, Ginny Schaaf, Anna Shadel, Thelma Shaw, Charles Snowden, Inez Thornton, Helen Weatherford, Everett Whitehead, Joanne Wilkens, Diane Wilkerson, Jane Willingham, Elizabeth Windland, Ella-Mae Zorb.



Summer Crafts Workshops with Marie Lloyd!

*We are having a monthly Craft Workshop during the Summer. This month the workshop will be held on Wednesday, September 10th from 12:30—2:30 pm. The project will be a 'surprise'! The supply fee is \$6.00. **Registration is required by September 3rd.** Please sign up at the reception desk.*





IT'S GREEK!!

Wednesday September 24

Time: 10:00 am—2:00 pm

Cost: \$5.00



We are on our “travels” again!
This time we are ‘visiting’ Greece. Join us
for a day of fun as we learn about the
country, its culture, customs, music & food.

SIGN UP FOR LUNCH REQUIRED BY SEPTEMBER 19

MUSIC



FOOD

ENTERTAINMENT



Coming in October:

"GIRLS NIGHT OUT".....TUESDAY, OCTOBER 28TH, 4PM—6PM.

An evening of fun and information for mature women. This program gives women the tools to take charge of their health and help assure the early detection of breast cancer. **Further details to follow in the October newsletter.**

"FLU SHOTS"

The yearly Flu Shot Clinic will be at the Annapolis Center in late October. **More details in next month's newsletter.**



'NEW MEMBER SOCIAL'.....Date to be announced.

We look forward to welcoming new members to our Center.

Also in October.....

HALLOWEEN.....Look out for the festivities!



December brings our **Holiday Bazaar!**

Dates: Friday, December 5th and Saturday, December 6th

Mark your calendars!!

Forthcoming Events.....check upcoming newsletters & Bulletin Board!

SIGN IN PLEASE!

You may be a first timer at the Center, or you may be a participant who comes every day. Whatever your level of participation, you are important!

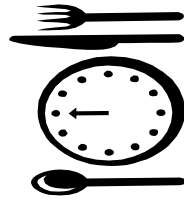
We need you to sign in each day you attend the Center, whatever the reason may be. The sign-in book is located on the podium near the reception desk. It is important that we get as accurate a count as possible of the usage of our Center, so we ask that each person sign in.

Thank you for your support!

Annapolis Senior Center

SEPTEMBER 2003 MENU

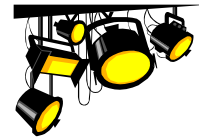
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/1 CENTER CLOSED LABOR DAY	9/2 Tossed Salad Roast Beef/Gravy Mashed Potatoes Scandinavian Blend Vienna Bread Chocolate Cake	9/3 Vegetable Soup Turkey Salad Lettuce/Tomato Herb Yellow Squash Kaiser Roll Dec. Cake	9/4 Cabbage Soup Chicken Rosemary Potato Salad Dilled Carrots Italian Bread Sliced Peaches	9/5 Tossed Salad Stuffed Peppers Buttered Peas Dinner Roll Orange Cookie
9/8 Dixie Slaw Pork Ribette Limas & Tomato Summer Squash Biscuit Marble Cake	9/9 Pepper Cabbage Chicken Stew Large Biscuit Ambrosia	9/10 Marinated Cux & Tom Swedish Meatballs Mashed Potatoes Parslied Carrots Rye Bread Brownie	9/11 Blended Juice Veal Parmesan Rice Peas Vienna Bread Fruit Cocktail	9/12 Lime Gelatin Baked Fish l'Orange O'Brien Potatoes Italian Blend Dinner Roll Mandarin Oranges
9/15 Pineapple Juice Knockwurst Baked Beans Sunny Slaw Frankfurter Roll Apple	9/16 Cranberry Juice Pork Chop & Kraut Stuffing Collard Greens Marble Rye Sliced Pears	9/17 Fruited Red Gelatin Chicken Teriyaki Fried Rice Peas Whole Wheat Roll Plum	9/18 Tossed Salad Mac/Ham/Cheese Stewed Tomatoes Dinner Roll Marble Cake	9/19 Three Bean Salad Ital. Meatballs/Sauce Spaghetti Mixed Summer Sqsh. Italian Bread Chocolate Cake
9/22 Blended Juice Beef Stew Large Biscuit Strawberry Cake	9/23 Pineapple Tidbits Chicken Rosemary Pasta Veg. Salad Stewed Tomatoes Whole Wheat Bread English Trifle	9/24 Sunshine Salad Turkey/Gravy Mashed Potatoes Green Beans Cornbread Pear	9/25 Navy Bean Soup Seafood Salad Lettuce/Tomato Glazed Carrots Sandwich Roll Plum	9/26 Apple Juice Chicken Marengo Red Bliss Potatoes Peas Whole Wheat Roll Mixed Fruit Compote
9/29 Apple Juice Beef BBQ Sliced Onion Wax Beans w/ Pimento Sandwich Roll Banana Cake	9/30 Tossed Salad Veal Creole Rotini Turnip Greens Pumpnickel Bread Fruit Cocktail	<p>Those under 60 must pay the \$3.36 cost of the meal. Those 60+ please contribute as much as you can towards the meal. At the very least, reservations must be made by 10 a.m. the day before you want your meal. Please call 410-222-1003. Hours: 9:45 a.m.—1:15 p.m.</p>		



Ed Casey	Center Director
Jo Morris	Assistant Director
Robyn Prehn	Receptionist
Helen Timeus	Nutrition Site Manager
James Bias	Transportation Van Driver
Robert Howard	Transportation Van Driver
Reuben Bowman	Custodial Services
E-Mail Address	annapoliscenter@mail.aacounty.org

Center Phone	410-222-1818
Fax	410-222-1216
Nutrition	410-222-1003
Dept. of Aging	410-222-4464
Transportation	410-222-4826
Meals on Wheels	410-431-5257
Officer Joe Hatcher	410-222-0044 (Police Liaison)

CURTAIN GOING UP!!



The all new "Curtain Call Performers" present.....
"Tribute to Broadway"

Get out your dancing shoes, warm up those voices or just join us for pure fun and a fantastic experience. We are looking for men and women 55 plus for this all new exciting musical theater project. For the beginners or the 'pros' there is a place for everyone who wants to be on stage. The workshop begins in October and will give you an education in the theater while rehearsing for the final show production to be held at AACC Pascal Theatre for the Performing Arts in December. Don't miss this wonderful opportunity to come out and shine!



'Kick Off' Meeting: Wednesday, September 17th 10:00 a.m.
 Place: South County Senior Center
 Lead Instructor: Vicki Smith

Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.